

ROLLING MEADOW STUDENT LUNCH MENU ~ **SEPTEMBER 2015**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 BBQ Beef on Bun Fresh Garden Salad Cowboy Beans Fresh Fruit Rosy Applesauce Milk	2 Meatloaf Mashed Potatoes w/ Gravy Hot Roll Corn Fresh Fruit Pears Milk	3 Chicken Soft Taco French Fries Fresh Garden Salad Fresh Fruit Orange Pineapple Mix Milk	4 Tony's Pizza Fresh Garden Salad Baby Carrots w/ Dip Fresh Fruit Strawberry Banana Mix Milk
7 NO SCHOOL LABOR DAY HOLIDAY	8 Super Nachos w/ Spanish Rice Fresh Garden Salad Southwest Beans Fresh Fruit Pineapple Milk	9 Chicken Patty Mashed Potatoes w/ Gravy Hot Roll Green Beans Fresh Fruit Cinnamon Apple Slices Milk	10 Sloppy Joes French Fries Fresh Garden Salad Fresh Fruit Tropical Fruit Milk	11 Turkey & Cheddar Melt Fresh Garden Salad Roasted Vegetables Fresh Fruit Blushing Pears Milk
14 Bacon Cheeseburger Fresh Garden Salad Corn Fresh Fruit Mandarin Oranges Milk	15 Chicken Nachos w/ White Queso & Spanish Rice Fresh Garden Salad Texas Pintos Fresh Fruit Banana Orange Mix Milk	16 Meatloaf Mashed Potatoes w/ Gravy Hot Roll Glazed Carrots Fresh Fruit Peaches Milk	17 Meatball Sub French Fries Fresh Garden Salad Fresh Fruit Applesauce Milk	18 Italian Sub on Deli Bun Fresh Garden Salad Fresh Broccoli w/ Dip Fresh Fruit Pineapple Milk
21 Spaghetti & Meatballs w/ Italian Bread Fresh Garden Salad Cheesy Cauliflower Popcorn Fresh Fruit Peaches Milk	22 NO SCHOOL REQUIRED DEVELOPMENT DAY	23 Baked Ham Mashed Potatoes w/ Gravy Hot Roll Corn Fresh Fruit Pears Milk	24 Burrito French Fries Fresh Garden Salad Fresh Fruit Orange Pineapple Mix Milk	25 Tony's Pizza Fresh Garden Salad Baby Carrots w/ Dip Fresh Fruit Strawberry Banana Mix Milk
28 BBQ Mac N Cheese Fresh Garden Salad Steamed Broccoli Fresh Fruit Mandarin Oranges Milk	29 Super Nachos w/ Spanish Rice Fresh Garden Salad Southwest Beans Fresh Fruit Pineapple Milk	30 Corn Dog Mashed Potatoes w/ Gravy Hot Roll Green Beans Fresh Fruit Cinnamon Apple Slices Milk		

Due to new state regulations a complete meal must consist of at least 3 of the 5 components: Whole Grains, Meat or protein substitute, Fruit, Vegetable, and Milk